

# Is Sex the Highest Form of Pleasure?

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## 1. Bhagavad Gita

The Bhagavad Gita is a conversation between Arjuna, a supernaturally gifted warrior about to go into battle, and Krishna – the Supreme Personality of Godhead, his charioteer. In the course of giving Arjuna all manner of spiritual and material advice, Krishna explains karma, the self, the Supreme Self, the purpose of yoga, the difference between our self and our material body, how our environment affects our consciousness, and how to attain the perfection of life. The Gita appears as a central chapter in the Mahabharata, the history of greater India. It is the essence of Vedic knowledge and one of the most important books of Vedic literature. Lord Krishna spoke the Bhagavad Gita to Arjuna about 5000 years ago and through disciplic succession the Bhagavad Gita As It Is gives commentary on the verses by Lord Krishna by His Divine Grace A.C. Bhaktivedanta Swami Pradhupada. Essentially the Bhagavad Gita As It Is is the highest authoritative text to explain the universe and the commentary is “almost” 100% accurate.

## 2. What defines a human

From the Bhagavad Gita As It Is our bodies are composed of both material and spiritual. The material body contains the gross body (earth, water, fire, air and space) and the subtle body (mind, intelligence and false ego). But above all these elements there is the spiritual soul. There's no life in the material elements, life is the spiritual soul which is eternal, full of knowledge and bliss. The soul contains two parts the individual soul and the Supersoul (a plenary expansion of God). The soul is one ten thousandth the size of the tip of a hair and is located in the heart, and cannot be measured under laboratory conditions. The material body is currently dead. The only thing keeping it alive is the soul or consciousness (energy emitted by the soul). At the end of this life we reincarnate into another body depending on our karma. Ideally you want to achieve a spiritual body and escape the re-birth and death process and hence travel the entire universe with Krishna in total bliss – that is our purpose in life. Three quarters of the universe is spiritual. There are 8.4 million species of life including 400,000 species of humans (based on our level of consciousness). Every form of life contains an individual soul and a Supersoul.

### **3. Karma**

According to Vedic literature, karma is the law of cause and effect. For every action there is a cause as well as a reaction. Karma is produced by performing fruitive activities for bodily or mental development. One may perform pious activities that will produce good reactions or good karma for future enjoyment. Or one may perform selfish or what some call sinful activities that produce bad karma and future suffering. This follows a person wherever he or she goes in this life or future lives. Such karma, as well as the type of consciousness a person develops, establishes reactions that one must experience. So, when the living beings take birth again, they get a certain kind of body that is most suitable for the type of consciousness they have developed. There are 8.4 million species of life, each offering a particular class of body for whatever kind of desires and consciousness the living being may have in this world. In this way, the living entity is the son of his past and the father of his future. Thus, he is presently affected by his previous life's activities and creates his future existence by the actions he performs in this life. A person will reincarnate into various forms of bodies that are most suitable for the living entity's consciousness, desires, and for what he deserves. So, the living being inevitably continues in this cycle of birth and death and the consequences for his various good or bad activities as long as he is materially motivated. For example, if one chooses to eat meat, then they run the risk of being reincarnated into a tiger since tigers are used to eating meat. If a young girl walks around half naked attracting attention of the opposite sex, then they run the risk of being reincarnated into a tree since trees stand their naked all day.

### **4. Sex**

Sex is regarded as the highest source of pleasure. However, it is a material sense gratification and to maximise your chances of obtaining a spiritual body in the afterlife (which is our purpose in life), sex should not be abused for this reason of pleasure, but rather only be used for procreation. Therefore, abortion should always be illegal, illicit sex should not be encouraged and cheating on a married partner should be regarded as an illegal activity. Non-consensual sex is unacceptable and through the law of karma you will obtain justice in the afterlife. Also, since sex should only be used for procreation, justifies the banning of contraceptives. In particular, the contraceptive pill works in 3 ways, it:

1. temporarily prevents ovulation (an egg from being released from the ovaries every month).
2. temporarily thins the lining of the womb (uterus) to prevent a fertilised egg from attaching to it.
3. thickens the discharge (fluid) from the cervix to help stop sperm from reaching the womb (uterus).

The very fact that that the contraceptive pill stops sperm from reaching the womb is preventing life occurring and somewhat killing life which is in fact insulting God. Male condoms as a contraceptive however are technically not killing life.

There is no harm (or very rare cases) to women by engaging in vaginal sex (assuming both couples are over 18). The age of consent is 16 years of age in the Australian Capital Territory, New South Wales, Northern Territory, Queensland, Victoria and Western Australia. In Tasmania and South Australia the age of consent is 17 years of age. The age of consent for sexual activity should actually be 18 years of age, to minimize sexual activity at high school. Note that oral or digital sex is not really "sex" so this should not be a problem under the age of 18 (providing both couples consent).

God gives us free will and the senses are very strong, and anal sex is purely for material sense gratification and is damaging to women. The anus lacks the cells that create the natural lubricant the vagina has. It also does not have the saliva of the mouth. The rectum's lining is also thinner than that of the vagina. Lack of lubrication and thinner tissues increase the risk of friction-related tears in the anus and rectum. Some of these tears may be very small, but they still expose the skin. Because stool that naturally contains bacteria passes through the rectum and anus when leaving the body, the bacteria can potentially invade the skin through these tears. This increases the risk of anal abscesses, a deep skin infection that usually requires treatment with antibiotics. The additional risks even continue. Sex education at high school only discuss using condoms (you can see the dilemma in this). But more importantly they don't address the issue of the damaging effects to women through anal sex.

As stated above young girls that walk around half naked attracting attention of the opposite sex, run the risk of being reincarnated into a tree since trees stand their naked all day. This is why in some religions, in particular Islam, women go to extreme measures to cover their bodies.

Five key policies have been identified in order for society to maximize their chances of achieving a spiritual body in the afterlife.

- 1) Tobacco and other smoking drugs to be illegalized
- 2) Workplace bullying to be equivalent to murder
- 3) Stop the killing and abuse of animals for food or other forms of human satisfaction
- 4) Ban prostitution and the sex industry in general
- 5) Compulsory high school education on yogic philosophy

Prostitutes are at a very high risk of being reincarnated into a tree in the afterlife. They also risk damaging themselves through anal sex. Suicide is the leading cause of death for Australians aged 25-44 and second leading cause of death for young people aged 15-24. The onset of mental illness is typically around mid-to-late adolescence and Australian youth (18-24 years old) have the highest prevalence of mental illness than any other age group. Data from the 2014 Mission Australia's Youth Survey showed that around one in five (21.2%) of young people (15-19 years old) met the criteria for a probable serious mental illness. Common mental illnesses in Australians are: anxiety disorders (14%), depressive disorders (6%) and substance use disorders (5%). The World Health Organisation estimates that depression will be the number one health concern in both the developed and developing nations by 2030. Given that sex is regarded to reduce symptoms of depression and anxiety (the two being

correlated), if someone is suicidal (which is likely to be a result of depression and anxiety) then prostitution could be justified (since it is actually saving lives and hence respecting God). Therefore, an exception to policy 4) could be amended. Note that teaching yogic philosophy to society at large (which should emanate from high school) would significantly reduce the onset of depression, suicide rates, school yard bullying, cyber bullying, underage sex; and also significantly reduce the consumption of alcohol, smoking, illicit drugs and prostitution. It would also make society at large to become aware of adopting a vegetarian diet and also significantly reduce workplace bullying (where some people have known to suicide).

It is stated in the commentary of the Bhagavad Gita As It Is that sex with God is possible and at a high level of consciousness sex actually becomes distasteful. This could imply that spiritual sex is actually a higher form of pleasure than material sex.